

THE FLYER

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SALISBURY UNIVERSITY CAMPUS PAPER

Healthy U – Making a Difference

By Shea Maddox

Most Salisbury University students are not aware of the fact that they live within one of three Eastern Shore counties with the highest rates of cardiovascular disease, cancer and diabetes in the United States.

The Tri-County area, with a combined population of 156,000, consists of Wicomico, Somerset and Worcester counties.

In our image and health-obsessed culture, the Eastern Shore seems to be behind on the "get fit" trend. Therefore, Healthy U of Delmarva, a nonprofit community-based, volunteer-driven organization located on Maryland's Eastern Shore, was created. Its mission is to decrease the prevalence of lifestyle-related diseases in the Tri-County area. The target audience for the project

is 60 to 70 percent of the county's residents, who are at risk because of lifestyle factors such as obesity, tobacco use and/or lack of exercise. According to the Healthy U website, 10.4 percent of the nation's population consumes a high-fat diet; in the Tri-County area, 13.6 percent do so. In the US, 21 percent of citizens have high cholesterol; for the Tri-County area, the number is 26 percent. Nationwide, 22.8 percent of Americans use tobacco; in Wicomico County, 26.6 percent of residents smoke. Worcester and Somerset counties smoke less, but use more smokeless tobacco.

Salisbury University's American Marketing Association (AMA) is to take on Healthy U of Delmarva as its community involvement project, and it has already begun to give marketing assistance to the organi-

zation. Because of AMA's strong desire to enhance the community, its members decided that Healthy U was the perfect project to become involved in. AMA's goal is to educate and keep the Tri-County area highly informed and involved with Healthy U.

"As I have always required community involvement projects in my classes, I simply can't think of a better way for students to demonstrate and develop their skills," said Dr. Debbie Easterling, a professor at the Perdue School of Business. "It is a privilege to be able to work with such a well-organized and professional organization that deals with such an important topic."

AMA students will apply their marketing skills and develop stronger community ties through Healthy U. They will be assisting with advertisement and promotions, along with

recruiting student volunteers.

"The project sounds really interesting and I am excited to see what AMA students can provide to help promote Healthy U," said Caitlin Howard, a junior marketing major. "Being a part of AMA allows me to work firsthand with the community towards the positive cause."

To help promote healthier lifestyles, Healthy U is having a Kick-Off Event, scheduled for January 25 and 26, 2003, at the Centre at Salisbury. The event will feature a Health and Fitness Expo, which has already attracted several statewide vendors in the health and fitness field.

If you would like more information on the Healthy U project, or to find out how you can become a project participant or a Healthy U volunteer, visit their website at www.healthyudelmarva.org.

Founder of El Puente Speaks at SU

By Sarah Frantz

The Riall Lecture Series continues Tuesday, November 12, with 1998 Heinz Award winner Luis Garden Acosta. Acosta and his wife co-founded El Puente, or "the bridge," in 1982 as a human service organization.

The organization was originally begun to address troubled youth in the Williamsburg section of Brooklyn, NY. However, El Puente sparked community interest in developing the area and the organization adapted their goals for the community. Acosta changed the way institutions had traditionally re-

lated to the area by building a bridge to the church, the hospital, the school and the home.

El Puente now runs the Academy for Peace and Justice, the first public high school focused on human rights. The organization also runs a health center focused on family health, childhood vaccinations and AIDS issues.

Acosta's actions have inspired other communities to join in the social action movement. The organization estimates the number of people affected by their services to be more than 10,000 each year.

Dr. Patricia Richards of the Seidel

School of Education and Professional Studies is the chairperson of the Riall Lecture Committee. According to Richards, the committee is composed of faculty from the education department, and suggestions for speakers are solicited from faculty in the Seidel School.

"Speakers of national and international renown in the fields of education and youth development are the primary candidates for prospective Riall Lecturers," said Richards.

The lecture series began in 1988 and was established by the late Miss Riall, long-time principal and teacher of the former Campus

School at Salisbury University. According to Richards, Miss Riall supports the series with a bequest in her will.

The series has attracted many famous speakers in the past. In fall of 1999, Cornell West lectured based on his book, *The War Against Parents*. In the winter of 2002, teacher and best-selling author Jonathan Kozol delivered his talk, "Hearts of Children and the Obligations of our Nation's Schools."

The lecture will be held in Holloway Hall Auditorium at 7:30 p.m. Everyone is encouraged to attend, and the event is free and open to the public.

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Letters to the Editor

Dear Editor,

I am writing in response to an article in the last edition of the flyer, 'Student Apathy- Does anyone care?' The article was very well written, and writer John Heath is to be commended for his investigation and thought on students involvement in campus activities and affairs.

The main purpose for this editorial is to reply to comments to my quote, which wondered as to faculty involvement, as well as the students. I would first like to point out that I in no way stated that *all* faculty are less involved than is desirable.

In fact, there are some teachers that are exceptionally active- Dr. Richard England, for example, who I am proud to call a member of the Union for Community Action (UCA), has provoked students not only in classes, but has coordinated events such as the Honors Program's 'Mind Shrapnel & Cookies' which invite students and faculty to discuss issues of import.

The last edition of this (monthly?) event featured Dr. Cashman, a Political Science professor and the "War on Iraq," and had an excellent attendance of what I would estimate to be about 45 students and faculty members.

I will maintain, however, that the majority of faculty (which includes members of the administration) is uninvolved in

the campus community. For example, UCA's recent "Debate 38!," which featured an open forum between the candidates for House of Delegates districts 38A and 38B (offices for which the majority of faculty members will be voting on November 5th) had only 2 professors in the audience, and no one from the administration. I would like to take this chance to thank everyone who attended for what I still believe was a very successful event that informed attendees of the stand our candidates take on serious issues.

Other evidences of disengagement include that only 2 faculty members responded to my quote when Mr. Heath asked for comment and the lack of membership in political clubs on campus, such as the College Republicans and the Young Democrats. More important than involvement assessment is increasing activity.

There are many opportunities

to get active at Salisbury. Dr. Basehart and Dr. Kane's institute for Public Affairs and Civic Engagement (PACE) is always working on events and discussions on the shore. Political clubs have open arms to increased involvement. UCA is eager for active members to get involved in any issue that concerns them, including 4-2 and campus unity. Simply discussing what is going on will increase interest and go a long way towards reversing horrific apathy trends and provoke thought and action.

So I encourage all members of the SU community to get active in the last days before the election and beyond- whether in the larger political environment, campus relations, or just have some fun by attending SOAP, WSUR, SGA, RHA, or any number of other clubs events. Brian Young
Union for Community Action
Member

LETTERS TO THE EDITOR

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Muslims Celebrate Ramadan

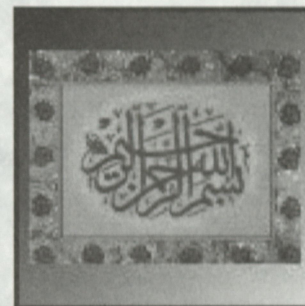


Photo courtesy of www.njb.co.uk

By Tracy Shortt
Editor-in-chief

During the months of November and December, many people are preoccupied with the hustle and bustle of making plans for family gatherings. The malls are crowded with people making last minute gift purchases for the upcoming holidays and many school age children are waiting in anticipation for those few extra days off.

To the people of Islamic faith, November and December takes on new meaning. Based on the Islamic lunar calendar, Ramadan advances 11 days each year. This year Ramadan begins November 6th and ends December 6th, representing one of the five pillars of the Islamic religion.

Muslims observe that during Ramadan, Allah revealed the first of many verses that became

the Islamic holy book, the Qur'an, to the prophet Muhammad. The prophet was chosen by Allah to receive the holy word through the angel Gabriel.

"Ramadan is your way of saying to Allah, 'You are the most important being in my life,'" said Sibtain Rawala, a Muslim whose family is from Pakistan.

During Ramadan, mosques recite about one thirtieth of the Qur'an each night, which is known as tarawith. Around the world Muslims fast from sunrise until sunset; they do not eat or drink anything, including water. The thirst and hunger they feel during the fasting is to remind them of the suffering of the poor, which they see as an opportunity to practice self-control and cleanse the mind and body.

"It humbles you. Sometimes you look down on those who don't have things," said Rawala. "When you go through it yourself you appreciate what you have."

"Ramadan teaches you self-control," said Nina Nassar, a Muslim whose family is from Lebanon. "It's a time when families visit one another, enjoying meals after sundown."

Those who are pregnant and

suffering from physical disabilities such as diabetes are not expected to fast during the month. "You only do Ramadan if you're healthy," said Nassar. "Only if you're capable."

A few medical experts have done studies on how healthy Ramadan is for the human body. "The physiological effect of fasting includes lowering of blood sugar, lowering of cholesterol and lowering of the systolic blood pressure. In fact, Ramadan fasting would be an ideal recommendation for treatment of mild to moderate, stable, non-insulin diabetes, obesity and essential hypertension," stated Shahid Athar, M.D., in a report published on www.ISLAM-USA.com.

"It bothers me when people say it's not healthy," said Rawala. "After I have fasted I feel healthier and rejuvenated."

"The findings of Ramadan fasting among Muslims and similar limiting energy intake situations among non-Muslims suggests that a high-fat diet around 36 percent of energy through fat, which includes poly-unsaturated fat, may be beneficial in preventing elevation of blood cholesterol or uric acid level and better retention of protein in the body," states

M.Z.A. Nomani, Ph.D., in a report published on www.labs.net.

At the end of Ramadan, there is a festival called Eid-al-Fitr. In 2002, it will occur on December 6th. Literally interpreted as "Festival of Breaking the Fast," it is one of the two most important celebrations in the Muslim religion. People dress in their finest clothes, adorn their homes with lights and decorations, give children gifts and money and enjoy visits with family and friends.

"Islam is a peaceful religion," said Nassar. "Ramadan gives us a time to reflect and it brings all Muslims together."

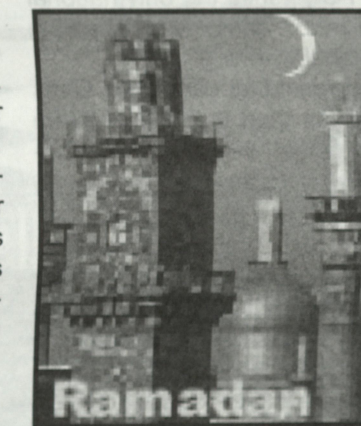


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Rally To Fight Global Warming

By Guest Writer Trisha Benton

On October 20, the Environmental Students Association participated in a rally on Capitol Hill to fight climate change in the Washington, DC area. Sponsored by the Chesapeake Climate Action Network (CCAN) and the Maryland Sierra Club, the rally supported clean energy alternatives, provided an opportunity for environmental groups to network and let representatives in government know that the Chesapeake area does not want climate change.

The rally provided a lineup of speakers that included congressmen, authors, farmers and activists. "Global warming is not a scientific problem, it is a political problem," said Phil Radford, executive director of Powershift, the only national organization dedicated to dealing with global warming.

Congressional candidate Chris Van Hollen said that the problem behind global warming is that energy sources are not in the hands of people or government, but rather are controlled by large oil companies.

"Renewable energy is not rocket science," said Linda Schade, Maryland Green Party candidate. Renewable energy technologies are now readily available and are good

for the economy. Solar cells, wind energy and fuel cells are all energy sources that are currently available.

Local farmer Mike Tabor expressed his concern about the climate change on his farm. "There is no regularity to the seasonal ebb and flow of the weather," said Tabor, whose crops are growing and dying at extremely unusual times. "We cannot have a wasteful, polluting lifestyle and at the same time have a healthy planet."

Major scientific studies commissioned by government confirm that the combustion of fossil fuels is creating a temperature increase on the planet, which in turn harms all living species. Cindy Parker, a doctor from Johns Hopkins University, emphasized the urgency of climate change with a simple question: "Is climate change good for your health? No. So we need to act now."

"Climate change is disruptive to ancient patterns of weather," said Mike Tidwell, CCAN executive director. "It is one of the greatest human rights violations of staggering scale," he said.

Students can get involved by attending the Environmental Students Association meetings, which are every Wednesday at 5 p.m. in room 213 of the Henson Hall, or by emailing Worldadvocate@aol.com.



(Pictures submitted by Trisha Benton)

Peer-to-Peer Raises Many Concerns

By Shane Jacobus

Lately, many students have reported slowness while using the Internet. Information Technology (IT) has attributed this problem to the students' excessive use of peer-to-peer (P2P) software such as Napster, KaZaa and Morpheus. These programs tend to eat up a lot of the Internet bandwidth, which is a limited resource that students tend to take for granted.

IT has contacted technical administrators from several other schools to see how they have dealt with these problems. Some of them have allotted students a certain amount of bandwidth on a daily or weekly basis. Others have simply banned P2P software altogether. So far, IT has not considered implementing either of these options in order to make the Internet more accessible on campus.

"Students are using the Internet for academic and entertainment

purposes 24 hours a day," said Tony Stancil, IT associate director of telecommunications. "The biggest problems lie in the entertainment piece."

Salisbury University acquires its Internet access through a DS-3 (45Mbps) circuit that is shared with UMES and Horn Point. Its network of roughly 8,000 data ports is divided into two main segments that are administrative and RESNET. Each segment has 7.5Mbps incoming and 7.5Mbps outgoing for Internet access at a cost of about \$105,000 a year.

The administrative segment includes all labs, classrooms and offices for the faculty and staff. RESNET consists of only about 2,520 ports set up in the residence halls, including Dogwood Village and the large University Park. However, RESNET ports tend to consume most of the bandwidth with all of these P2P programs. Apparently,

one individual was using 29 percent of the available bandwidth.

IT has implemented all kinds of steps to mitigate this problem, specifically bandwidth management. The University purchased a tool called a packet shaper that will help increase network performance by limiting the amount of bandwidth consumed by these P2P programs. Akamai servers were installed to help reduce bandwidth requirements for Internet sites such as CNN.com and other Akamai websites.

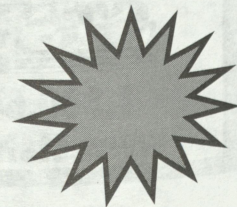
IT has also upgraded the data network infrastructure consisting of four areas – Core, Edge, Security and Bandwidth Management – at a cost of \$750,000. Three ATM (155Mbps) switches were replaced with five Alcatel gigabyte (1000Mbps) switches. All edge switches, including those in the resident halls, have been upgraded from shared hubs with a 10Mbps

uplink to Alcatel 10/100 switches that have a one gigabyte uplink. However, the firewall had to be removed during the first week of the semester because it could not meet campus demands.

"People from outside the campus could use our bandwidth in order to download songs and videos," said Nick Chamberlain, manager of the network infrastructure.

A new firewall will be installed once IT has assessed the required engineering and campus demands. Its purpose will be to protect all users without interfering with their requirements.

"We don't want to limit students in any way," said Tony Stancil.



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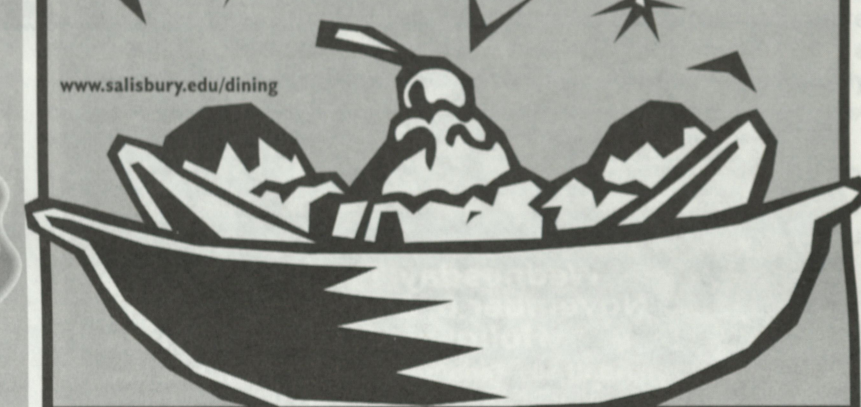
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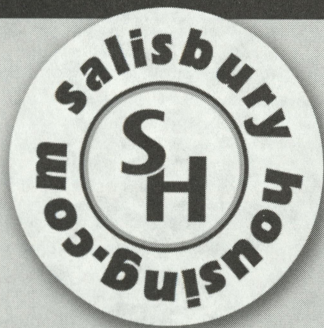
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Independent Films Gain Student Attention

By Brian Zitzelman

Students on campus have always shown a great love for films, but students who typically crave independent movies have had little or no choice. Recently the chance to see independent films and even meet some of their creators has come to the Salisbury area.

On October 24, writer, director and producer Vincent Pereira came to campus. Pereira had an open screening of his film, "A Better Place," in Holloway Hall. The film is about a high-school student named Barry (Robert Dipatri) who struggles with being in a new town. Barry makes friends with the smart-but-jaded Ryan (Eion Bailey). Ryan rants about the problems with the world, many of which Barry agrees with. As Ryan's dislike for society slowly grows more violent, Barry must determine how and if he can help his friend.

After the conclusion of the film, Pereira opened the floor to questions. Students asked him about the difficulties of making independent movies, if he preferred writing over directing and more than two hours'

worth of other questions.

"I felt like the whole point of when I was going to do an independent film was that I should do something I couldn't do otherwise," said Pereira.

Pereira notes the late director Stanley Kubrik as one of his biggest influences as a filmmaker. Following the questions, Pereira stayed and talked and took pictures with students.

"I've never actually met a director before," says freshman Kay Hess, a communication arts major. "I thought it was cool because it was kind of like your live DVD commentary."

"Vincent Pereira's presentation on campus was such a valuable experience for all that attended," says Christopher Marrow, head of SOAP's film committee. "If I had more money in my budget, I would bring more filmmakers to campus."

Students will also have another opportunity to catch independent films, for the Rehoboth Beach Independent Film Festival takes place from November 6-10.

"I'm pretty excited. I love independent movies," says Hess. The yearly occurrence has been taking place since 1997. Thirty films will be shown with a number of documentaries and shorts to see as well. Each film will cost \$6.50, with special deals available for those seeing six and ten films. For a full rundown on what movies will be playing, go to <http://www.rehobothfilm.com>.

The popularity of independent films has grown significantly over the past decade. Movies such as "The Blair Witch Project" and "My Big Fat Greek Wedding" have proved that films do not need a massive budget to be both critically acclaimed and financially successful.

"Most of the time they are pretty original," says Hess. "They are being paid a little bit of money to actually make art."

Independent film fans continue to look out for creative movies outside the mainstream. Will more filmmakers come to Salisbury? One can certainly hope so.

Save Your Sanity

By John A. Heath

Students need to relax and save a little bit of sanity. The semester is more than halfway over and Turkey Day is merely a couple of weeks away. Student anxiety levels have been escalating as the semester progresses, but anxiety and stress are not what school should be about. Sure, everyone has busy and/or bad days, but there's no need to freak out about it. Take a breather.

Can the fault be blamed on excess homework and exams or the early hour of darkness? Perhaps depressing weather patterns and random acts of violence depicted by the

media have made students feel overwhelmed. What can students do to preserve a portion of sanity amidst piles of obligations, midterms and meteorological madness?

Veronica Correa, counselor at SU's Student Counseling Services, aids students in the fight against anxiety. "The level of high stress, anxiety, panic attacks, blanking out on tests [are] big issues," says Correa.

"We live in a society that [drives] us so much to do better and to do more — that is probably the biggest

cause of anxiety," says Correa. Correa also suggests that "random acts of violence that we have been exposed to [have added to our stress]."

"This weather is depressing me; it feels like it's been raining forever and it's never going to stop," says junior Carrie Maase. "I could never live in Seattle," she says.

The early hour of darkness might also be a determinant of students' moods. "When it gets dark earlier, I feel like it's really late, and I feel like I should be in bed and not do homework," says Amy Chase, a junior

history major.

Chase suggests another source of college student stress. "Work sucks," she says. "Working itself is stressful, especially when you have stupid managers who want you to work all the time, and make you close and you're not allowed to do homework at work. Isn't that stupid?"

Students such as freshman Lucia Michel have had their share of stress this semester. "I came dangerously close to losing my sanity a few short weeks ago," says Michel. **continued on page 9**

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WAR

Why We Should Go To War

By Chris Weymont

Let me persuade you from a different point of view. It is a great idea to use the war on terrorism as an excuse to rid the world of Saddam Hussein. Finally, the strongest nation in the world can fend off one of the most malevolent dictators that exist today.

President Bush and his team believe that Saddam has the potential to give terrorists weapons of mass destruction and use them against the U.S. Bush makes his case by stating that Iraq has not abided by U.N. resolutions established for Iraq after the Gulf War. I agree that Saddam does pose a threat for the U.S. in the sense that he has the ability to lash out at the U.S. through terrorism, but that is not my case.

I want to make it clear that Saddam's regime of horror is evil in every essence. For example, to warm my argument up: within days of taking office in 1979, Hussein executed at least 20 potential rivals within the Ba'th party and military. Within the same year, the propaganda war and skirmishes on the Iranian border heated up. Trust me, I am just warming up.

In 1980, Hussein ordered the shelling of a border town in Iran, abrogating the 1975 treaty with the country. Through 1981-1982, Hussein used a significant amount of chemical weaponry on Iranian troops and civilians.

It gets better. Fearing the uprising of the Kurdish minority in the north of his own country, Hussein ordered the use of chemical weapons against the Kurds in 1988. Because Hussein wanted to focus on the Iranian war, the use of horrific weapons was more feasible. The result of Hussein's gassing: 50,000-100,000 murdered civilian Iraqi-Kurds.

A month later, Hussein once again used a mix of chemical and nerve agents to murder 5,000 civilians in the Kurdish town of Halabjah. Gassing of *anyone* makes me nauseated that the world sat by and watched these heinous crimes go unhindered. People should be sick to their stomachs that Hussein could use weapons that make people explode from the inside.

Only two years after an eight year war with Iran and almost one million lives lost, Hussein invaded Kuwait due to his debt from the Iranian war. Obviously, Hussein has

a hunger for war. A U.N. fact-finding team has learned that since Hussein has been in power, he has systematically executed families due to reprisals, used torture in the "most cruel means," and executed anyone who opposes his rule.

One of my favorite paradoxes says, "In order to make peace, one must prepare to go to war." Of course, nobody should be eager to wage war. I for one am not eager for war, but when I think of the millions of Iraqis that have suffered and continue to suffer because of someone who resembles evil incarnate, I would be willing to go to war myself to relieve the suffering of so many innocent Iraqis.

For the sake of humanity and the right for life, people should be endorsing the war with Hussein because he is using his power for his personal gain. Under U.N. mandate, Iraq is allowed to sell a certain amount of oil for food and medicine. The U.N. has found that Hussein is spending the revenue gained from food for oil programs on weaponry and presidential palaces.

Hussein swims in his palace pools while children go starving. Now, Bush wants Hussein gone. Let's take this opportunity which Europe never had when Hitler came into power.

Wait! We should go through the U.N. first. Oh yes, the good ol' U.N. argument.

When Hitler came into power and started his reign of terror, the League of Nations sat idle to watch and appease him. Forward 50 years, the U.N. has drawn a box around Hussein and has asked, "Mr. Hussein, please do not come out of your box so the world can get by." Enough is enough. Hussein has to go, and if the U.N. does not live up to its entity, the U.S. will succeed where the U.N. fails.

The people of Iraq should matter more than Hussein and that is why we should wage war with the Iraqi president, because we will work to end the suffering of the Iraqi people and put an end to Hussein's regime of evil.

The centrality of the argument should be based purely on humanity. Nations, especially Europe, should by now know that keeping dictatorships like Hussein's in power leads to prospective conflict.

Whatever Happened to Containment?

By Jesse Brushe
News Editor

Whatever happened to containment? In the midst of potential nuclear warfare, the United States managed to contain the Soviet Union for over 40 years – the same Soviet Union that many believed had a stronger military and greater nuclear capability than the United States, that espoused an ideology which was supported by millions of people around the world, that had the capability of delivering weapons of mass destruction to mainland USA, and that had an ally (Cuba) 90 miles off-shore, not to mention the same hemisphere, all under a leader who vowed to "bury" the United States.

However, the current administration feels that it is necessary to act, unilaterally if needed, to overthrow the government in the third world nation of Iraq. Just as the US was able to enact policies of containment in the Cold War, which focused on minimizing Soviet influence in the global system, the US can focus on policies such as creating sanctions in conjunction with the United Nations in order to curb the power and influence of Iraq. The problem with the issue is the motivation for war.

"After all, this is a guy who tried to kill my dad at one time," said George W. Bush, referring to an Iraqi plot to kill former President George Bush after the 1991 Gulf War.

Bush made his proposal for war in the midst of congressional elections that could possibly tilt the power of the Senate in the Democrats' favor. Now with election campaigns in full swing he continues to preach his ideas of war at party fundraising rallies, which brings

about major questions about the motivation for war in Iraq.

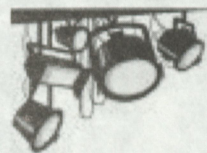
Is Bush using an American war with Iraq to settle an old score or to raise funds to further the Republican Party candidates? After all, he did surpass Clinton in campaign financing in 2000 by raising \$126 million dollars for his presidential bid.

Due to the apparent "inability" to contain Iraq, the Bush administration plans to remove Saddam Hussein from power unilaterally, which means that the United States will go to war with Iraq regardless of the fact that the entire world is against it. This act alone will cause great disruption in the Middle East, which until recently we have been working to stabilize in order to combat terrorism.

What is even more disturbing is that the United States gave Saddam Hussein his weapons. In the 1980's, the Center for Disease Control gave Iraqi labs viruses such as West Nile, which could be used to make biological weapons. Someone must be banging his or her head on the edge of the desk for that one.

This war is a self-righteous, politically motivated money maker. The fact is, lives will be lost so that the US can remove a leader that it helped to create. There is no doubt that Saddam Hussein is an unjust, authoritarian leader; however, he is a *stable*, unjust, authoritarian leader and by creating strict sanctions the United States can gain global support while not destabilizing an entire region. As we continue to hear about the pending war in Iraq, it becomes difficult to tell what the truth is and why we are fighting. So until we come up with some hard answers, remember containment.

AGAINST



By Chrissy Moore

Tyler Patton's college experience extends far beyond the reaches of any classroom. A sophomore history and political science double major, Patton sometimes feels his classes get in the way of his other activities.

On campus Patton is a member of the College Democrats and is also an independent member and supporter of the Student Government Association (SGA). Patton also visits other college and university SGA's in the University System of Maryland. In addition, he is an intern for the "Friends of Kathleen Kennedy Townsend" Campaign.

Through the State Student Council, Patton has been peer elected as a student delegate to the chancellor of the Board of Regents. Patton represents students across the state, and he acts as a mouth bringing student issues to the chancellor. Patton says he feels his

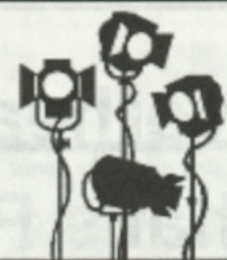
STUDENT SPOTLIGHT Tyler Patton

work with the State Student Council and the Board of Regents is both humbling and exciting.

As a member of the Townsend campaign, Patton has many responsibilities. He is the volunteer manager, who organizes and keeps track of all volunteer work. He runs polls on election day, and he staffs Townsend when she is on the Eastern Shore.

Recently, he was seen on campus with Townsend's daughter Kate, who is a student at Brown University. Patton took Kate to some classes and they had lunch with President Dudley-Eshbach. Kate then spoke and answered student questions at a meeting in the Student Leadership House.

It is apparent that Patton is no ordinary college student, and because of his work with the Board of Regents and the Townsend campaign he has matured more quickly than the average student.



"I have gotten to do a lot of things; I don't get to be a regular college student," he says. "I spend much of my week at other campuses or in meetings – I have become much more professional and mature."

Patton will always hold the march on city hall as his favorite campus memory. Patton was expecting to see ten students there at the most.

"I was amazed, absolutely amazed so many people came out," Patton says. "The apathy on this campus is incredible, so seeing 400 students on the lawn of Holloway Hall... Yeah, I had fun."

Patton also has fun in Wayne Ackerson's history classes. "History to many and myself isn't the most exciting, but he makes it fun," says Patton. He says that he is a fan because Ackerson is a gifted and personable professor who uses personal anecdotes in his teachings. "He doesn't just stand there and talk to you," says Patton.

"He interacts with students."

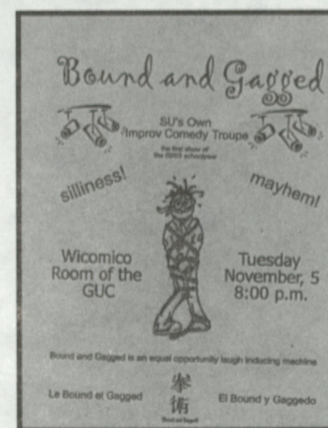
When he leaves SU, Patton hopes to be remembered for the work he does for the betterment of his peers. "I hope they say that I tried my best, while I had the time, to do what's best for them," he says.

Patton is actually a supporter of tuition increases, for he feels that lowering tuition means hiring less qualified professors. "I know students will hate to hear me say that," he says, "but after I leave, my diploma will mean much more."

Patton sometimes feels the pressures of maturing too quickly. "I'm very active," he says, "and I regret that sometimes because I don't have time for myself, and I don't get to spend as much time with my friends as an average college student does."

"Have fun while you can, you're only a kid for 21 years," Patton says. "I've learned that the hard way."

What's new in Bound and Gagged



By Cheryl Killman

Assistant Features Editor

Bound and Gagged, SU's own improv troupe, just had its first show of the semester on November 5. Started in 1997 by Pete Capella, the troupe has seen change. Four members have graduated and moved on, and two new members have stepped up to take their places.

A typical rehearsal consists of games such as Pantomime, where one improv member has to guess five random things – for example,

Winona Ryder performing synchronized swimming in a sandbox in Alaska with Frank Sinatra. Interrogation is when one member commits a crime but is not told what the crime is, and he or she is interrogated and has to try to guess the crime committed.

"I love 'em, they're my best friends. We get along great," says junior Matt Ripa, a history and theatre major.

"I have a really obnoxious personality," says sophomore Kristy Adams, a mass communications major with a theatre minor. "And I wanted to be with other obnoxious personalities."

Anyone is welcome to join the crazy group of actors. Workshops are every other Tuesday at 3:30 in Fulton Hall room 203. Students begin with the basics, called the B class. If they show promise, they are moved up to the A class, and if they show potential there, they are then moved to the actual troupe.

The troupe is willing to do outside engagements, such as area schools or other places in the community. For more information, contact the Communication and Theatre Arts Department at (410) 546-6229.

Sanity

continued from page 7

Michel maintains that Habitat for Humanity helped her retain some sanity. "Those three short hours nailing siding up and lugging windows around wiped away all my stress," she says. "Working on Habitat forced me to think of other people than myself and realize that there are people with far greater stresses than college."

"I think it's very important to prioritize when you're trying to study," says Correa. "Students tell me that they have 1,000 things to do, but when they write them down they only have ten or five."

Correa also suggests study skills that could help stressful students. "Spend half an hour [studying], take a five-minute break, but don't do things like [playing] a computer game or [watching] television, [which] highly stimulate your brain," says Correa. "When you go back to studying [afterwards] it will feel much drier, very unattractive and not fun," she says.

She suggests that effective breaks should consist of stepping outside, getting some fresh air or talking with a friend for a few minutes.

Students most likely would agree about the importance of study breaks. "Sometimes if you're studying for a really long period straight, you kind of get fried," says Chase. "Go get something to eat or call someone for a little bit so you don't get stressed out."

Kristen John, junior psychology/conflict resolution major feels that she has survived this semester without too much stress. She suggests that stressed-out students "take a nap, exercise, meditate or talk on IM."

"Staying up all night is not a good idea because you don't have the energy that you need the next day for delivering information, taking a test or writing a paper," says Correa.

"You take care of yourself by exercising, learning how to relax, taking mental breaks, talking to other people, being good to yourself and to your body," she says.

Hopefully, Thanksgiving break will help students reduce some amount of stress. "Have one day during Thanksgiving break where you don't do anything," suggests Correa. "Do that for yourself and then pick it up the next day."

If times get too stressful, just stroll over to the SU Student Counseling Services office upstairs in the Guernsey University Center.

There is still hope even though it gets dark early, the weather is often unpleasant and course work may be overburdening. Think of a long weekend and a big fat turkey (or Vegan tofurkey) waiting at the dinner table a few weeks from now. Envision a few restful days and heed the advice from students and resident counselors: there are more important things to do than wasting your time freaking out.

CAMPUS BLURBS

Compiled By Samantha Young

SOAP presents comedian Alexandra McHale

Monday, November 11th @ 8 p.m. in the Wicomico Room
2002 NACA Comedian of the year, CAT Comedian of the year, and female entertainer of the year.

Riall Lecture Series - Luis Garden Acosta

Tuesday, November 12th @ 7 p.m. in Holloway Hall Auditorium
Acosta is founder and director of "El Puente".

Admission free and open to the public. Information: 410-543-6030

How to Start and Manage Your Own Small Business

Tuesday, November 12, from 9 a.m.-4 p.m. at Salisbury University's Commons building
A panel of experts discuss how to create a business plan, insurance, banking, accounting, real estate and legal issues. The cost of this course is \$40 and includes all materials and lunch. To register or for more information, please call Steffanie Malkus at 410-543-6516 or 800-999-7232 or email sjmalkus@salisbury.edu.

Flamenco dancer Micaela Morena and classical guitarist Miguel Perez

Wednesday, November 13, at 7

p.m. in Holloway Hall Auditorium
As a young girl, Morena first started dancing flamenco in Rockville, MD, under the tutelage of Ena Camargo and later Anna Menendez. She has performed for several embassies and at Latino festivals throughout the Washington, D.C. area. A flamenco dance master class is offered before the performance from 5-6 p.m.

onstage in Holloway Hall Auditorium. The performance and the master class are free and open to the public. Call 410-543-6271 for more information or visit the Salisbury University Web site at www.salisbury.edu.

Mid-Atlantic Review Accepts Submissions

The Mid-Atlantic Review is now accepting fiction, poetry, creative nonfiction, art and photography submissions for the spring 2003 publication. The deadline is December 16th.

Send submissions to: MAR c/o English Department Salisbury University 1101 Camden Avenue Salisbury, MD 21801
Submissions may also be hand-delivered to the Mid-Atlantic Review's mailbox in the English Department's office, in the third floor of Holloway Hall.

Please send only proofread, typewritten manuscripts. Include cover letter with name, local address, email address and phone.

Maybe it is not so bad being a segull?

concept by Matt Rosati



Hampshire- Frogs



UC Irvine- Anteaters



UC Santa Cruz- Bananna Slugs



Hawii- Rainbow Warriors



Trinity- Trolls



Crime Beat



10/24/02
09:33 p.m.-10:55 p.m.

Suspicious Person- Students reported that a man was hanging around the area between Chesapeake Hall and St. Martins. Officers responded and identified the man. He was escorted off campus. A no-trespassing letter will be sent.

10/26/02
04:22 a.m.

Recovered property- A University Police officer found a pipe used to smoke marijuana in the Rt. 13 lot A.

10/27/02
05:25 p.m.

Hit & Run- Two witnesses reported seeing a vehicle strike a parked vehicle in the Devilbiss Lot (Camden lot E). University police investigated and identified a suspect driver. The driver took responsibility for the incident and the parties involved are handling the situation.

10/27/02
09:00-05:30 p.m.

Vandalism-

The cigarette ash tray in front of

Wicomico Hall was broken by an unknown person or persons.

10/28/02
07:35-07:40 p.m.

Possession of Marijuana- University police responded to call in Pocomoke Hall about the odor of marijuana. After being allowed into the room, a small amount of suspected marijuana was found on a student's desk. Upon interviewing the student, it was found that the marijuana belonged to the student who also turned a smoking device over to the officers. Administrative action is pending.

10/29/02
01:00-09:30 a.m.

Theft- A resident of Dogwood Village reported a theft from a vehicle while parked in the Dogwood lot. The rear plastic window was pushed in and someone took the speaker system from the vehicle.

10/29/02
11:00-03:00 p.m.

Theft- A resident of Chesapeake Hall reported that a vehicle had been broken into while parked in the Rt. 13 lot A. An am/fm radio with CD player and CD's had



Crime Beat



been stolen. A section of the dash had been removed to access the stereo. Access to the vehicle was gained by unzipping the rear window.

10/29/02
06:15-07:30 p.m.

Act of Intolerance/Harassment A student reported receiving several "Instant Messages" that were discriminatory and threatening based on sexual orientation.

10/30/02
03:50-03:50 p.m.

Hit & Run- A report was received that a vehicle was damaged by an unknown vehicle while parked in the Physical Plant lot.

10/31/02
05:58 a.m.

Alcohol Violation- (Off-Campus) University Police received a call to pick a student up from PRMC and provide transport to Choptank Hall. The student had been transported from Fruitland to the hospital by ambulance due to being extremely intoxicated. The Fruitland Police issued the student a citation for underage possession of alcohol.

10/31/02
11:15-12:00 p.m.

Missing Property- A faculty member in Henson Hall reported that a bag of waste labeled "Bio-hazard" was missing from a room on the 2nd floor. There was nothing that is considered dangerous in the bag, but it did contain rubber gloves, hats and various plastic products.

11/01/02
00:17 a.m.

Assault -(Off-Campus)

A resident of Chesapeake Hall reported that she was the victim of an assault that occurred at the "New Zoo" located on Onley Road. The Salisbury Police were called since the incident happened in their jurisdiction. An ambulance transported the victim to PRMC for treatment of her injuries. The suspect has not been identified at this time.

11/01/02
03:57 a.m.

Possible Alcohol Poisoning-

An ambulance was called to Severn Hall to a report of an underage student who was intoxicated and requested transportation to PRMC. University police assisted. The student reported drinking alcoholic beverages at an off-campus party and becoming ill.



Classifieds...

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Clubs.Students Groups**

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Perfect Season: Eight Down, Two to go

By Matt Rosati

Led by their special teams unit, Salisbury was able to down Wesley last Saturday at Sea Gull stadium, 22-19. Richard Mann's 96 yard kickoff return provided the final blow SU needed to knock out the two-time defending ACFC champions.

Special teams turned out to be the best offense the Gulls could field on Saturday. With RB Tony Ellis not playing for a third straight week, the nation's leading rushing offense was only able to compile 158 yards on the ground, with 68 of those coming midway through the second quarter on a Dustin Johnson touchdown run.

The Wolverines were able to strike first with their traditional no-huddle offense. On the opening drive of the game, a roughing-the-punter penalty set up a 28-yard touchdown strike from QB Ryan Chiodi to WR Mike Lemon, giving the Wolverines an early 6-0 lead (PAT failed).

Freshman Teddy Savage took the ensuing kickoff 56 yards, giving the Gulls' golden field position. The nation's number one rushing offense marched the ball to the Wesley 20-yard line, only to be forced to turn over the ball on downs.

Salisbury's defense took control of the first half from there. Senior DE Tom McCarthy and sophomore LB Brad DeHaven each registered sacks in the first quarter. Each team's offensive line looked to be playing with no emotion, leading to a punting duel between Salisbury's Rick Nistler and Wesley's Josh Kline. The two kickers combined for 16 punts, with each kicker averaging 41 yards per punt. Each punter would have a direct effect on Salisbury's first points of the day.

Early in the second quarter, Nistler boomed a 61-yard kick, pinning the Wolverines at their four. Three plays later, Wesley was forced to punt from its own end zone. Salisbury brought ten men to the line, all rushing and all breaking through. After blocking the kick, three different Salisbury players tried picking the ball up for a touchdown before having the ball roll out of the back of the end zone. The referees first called a Wesley touchdown, but after a quick conference, they ruled it a safety, cutting the Wolverine lead to four.

Two series later, Salisbury had the ball on their own 32, with 9:30 left in the first half. Freshman QB Dustin Johnson set up to run the option right, read his key, kept the ball, and led by Beau Ridgeway, he scattered 68 yards for Salisbury's only offensive touchdown of the afternoon. This gave Salisbury a 9-6 lead that would stand until halftime.

Salisbury fumbled on their opening drive of the third quarter, setting up a 22-yard pass from new Wesley QB Curtis Long, who connected with Joe Able, giving the Wolverines a 13-9 lead.

After stuffing the Salisbury offense play after play, it looked as if the rest of the day would be a stalemate.

Halfway through the third quarter, Kline set up to punt from his own 20. Kline fumbled the ball, picked it up, and ran for what looked to be a Wesley first down. What he did not expect was Salisbury's Jake Coleman to strip the ball and returning it 20 yards for a touchdown, giving the Gulls a 16-13 lead.

Held to three and out, Salisbury was forced to punt late in the fourth quarter, giving Wesley the ball at the SU 35. Nine plays and 35 yards later, Wesley RB Fred Edwards dove over the line for a Wesley TD, but another point after miss only gave Wesley a three point lead.

With the pressure on, Richard Mann took the kickoff from his own four-yard line two steps to the left, cut right, and 96 yards later, he had created one of the most memorable plays in Salisbury football history.

"Coach Wood told us in that position to win," Mann said. "All day we had been running our returns up the middle, so we ran this one to the right. The guys set up a great wall and that was it, I was gone."

Mann's scamper into the end zone secured Salisbury's first win over Wesley in seven years and set the stage for a conference championship game against Frostburg at the Regents Cup game in two weeks.

Senior team captain Pat Brannon was lost for words regarding the possibility of making playoffs this season.

"I'm speechless right now," Brannon said after the game. "We [the seniors] have all worked so hard for this; I'm so proud of everybody. We are going to have to take this thing one week at a time. All I can think of right now is Ferrum."

That match-up is Saturday, November 9th.



Bengals Win!!!

By Adam Harrow

Anyone that has been keeping up with the NFL this season knows all too well the pitiful plight of the Cincinnati Bengals. Undoubtedly the worst team in the NFL, the Bengals have gone without a winning season since 1989, suffering 12 straight losing seasons in a row. Through the first eight weeks of the 2002 season, the Bengals had mounted a disgusting 0-7 record, with all losses coming against .500 or better teams. It was the fourth time since 1991 that the Bengals had started the season with an ugly 0-7 record and fans were even starting to get angry at the Cincinnati players, screaming obscene things to them and even booing the team on occasion.

However, on Sunday this would all finally change as Cincinnati gained its first win of the season against the Texans (a below .500 team), manhandling them 38-3 in what turned out to be an offensive onslaught. Jon Kitna threw for 263 yards to seven different receivers and the Texans were snowed under as to what to do. The Cincinnati offense was in all aspects flawless, not turning over the ball at all in the form of an interception or a fumble and giving the Texans their worst margin of loss ever in their short franchise history. Although the stats did not overwhelmingly favor the Bengals, the game play did, and the result was their first win of the season, making the Bengals 6-0 against expansion teams in their franchise history. With a record of 1-7, the Bengals look toward a more promising future, maybe a possible playoff birth...who knows?? It's the NFL, anything can happen.

In Georgia last weekend, the Ravens suffered another loss, this time at the hands of quarterback Michael Vick and the Atlanta Falcons. Even on Vick's worst day of the season, the Ravens couldn't seem to get the job done and fell just short once again, losing 20-17. Vick, who had previously thrown 171 passes without an interception, was picked off on Sunday for the first time this season, and this would ignite a series of blunders on his

part. He rushed for negative five yards in the game, fumbled twice, was sacked an unlikely three times and looked sloppy in his overall play throughout the game. Had it not been for the rest of the Falcons' offensive and defensive units picking up the slack, the Ravens would have, in all likelihood, won the game.

The presence of Ray Lewis was once again missed in the game and it is very much possible that he will miss the rest of the season. With the Ravens' ugly 3-5 record and all post-season hopes shattered for good, it would make sense to rest Lewis and avoid risking a possible magnified or career-ending injury. Chris Redman, the Ravens' number one quarterback, also missed the game with an injury and there is not yet a date set for his return. Baltimore looks on to a game against Cincinnati this week. Cincinnati, who should be coming into the game pumped and ignited after their first victory last weekend, will most likely step up, and you can expect another Baltimore loss in this game, a nice addition to the Ravens' reeling season.

In collegiate action, the top eight were heavily shifted as many of college's undefeated elite fell to their opponents. The #3, 5, 6 and 8 teams (all unbeaten to this point) lost and consequently dropped in the rankings. Oklahoma, Miami and Ohio State now sit without a loss in the top three spots and if Miami and Oklahoma win this week they will both be headed for an invite to this year's Fiesta Bowl, the game between the #1 and #2 teams in Division I.

Miami quarterback Ken Dorsey has thrown for an incredible 614 yards in the past two games and is most likely the number one candidate for this year's Heisman trophy. Maryland also breached the top 25 this week, rounding out the group as #25. This week should be very interesting as the underdogs will get their final stab at the four remaining undefeated teams in the NCAA and we will see what teams are headed to what bowl games.

Send Us Your Picks and Win

Rules:

1. Put an "X" in the box next to the teams you predict will win
2. The person with the most correct each week will win a prize
3. Ties will be determined by a total points tie-breaker box
4. All entries must be received by 5 p.m. Saturday
5. Open to all SU students, faculty, and staff
6. All entries should be dropped off in front of "The Flyer" office in the GUC
7. Questions? Feel free to call The Flyer at extension 3-6191

Adam's NFL Breakdown:

Sunday, Nov 10th **Week 10**

<input type="checkbox"/> Detroit vs.		<input type="checkbox"/> Washington vs.	
<input type="checkbox"/> GREEN BAY	1:00 p.m.	<input type="checkbox"/> JACKSONVILLE	4:05pm
<input type="checkbox"/> Houston vs.			
<input type="checkbox"/> TENN.	1:00 p.m.		
<input type="checkbox"/> San Diego vs.		<input type="checkbox"/> Seattle vs.	
<input type="checkbox"/> ST. LOUIS	1:00 p.m.	<input type="checkbox"/> ARIZONA	4:05 p.m.
<input type="checkbox"/> NY Giants vs.		<input type="checkbox"/> New England vs.	
<input type="checkbox"/> MINNESOTA	1:00 p.m.	<input type="checkbox"/> CHICAGO	4:15 p.m.
<input type="checkbox"/> Indianapolis vs.		<input type="checkbox"/> KansasCity vs.	
<input type="checkbox"/> PHIL.	1:00 p.m.	<input type="checkbox"/> SAN FRAN.	4:15 p.m.
<input type="checkbox"/> Atlanta vs.		<input type="checkbox"/> Miami vs.	
<input type="checkbox"/> PITTSBURG	1:00 p.m.	<input type="checkbox"/> NY Jets	8:30 p.m.
<input type="checkbox"/> New Orleans vs.			
<input type="checkbox"/> Carolina	1:00 p.m.		
<input type="checkbox"/> Cincinnati vs.			
<input type="checkbox"/> BALT.	1:00 p.m.		

TIE BREAKER

Monday, Nov 11th
Oakland vs. DENVER 9:00 p.m. Total points _____

NAME: _____

PHONE # _____



Movie of the Week: Point Break

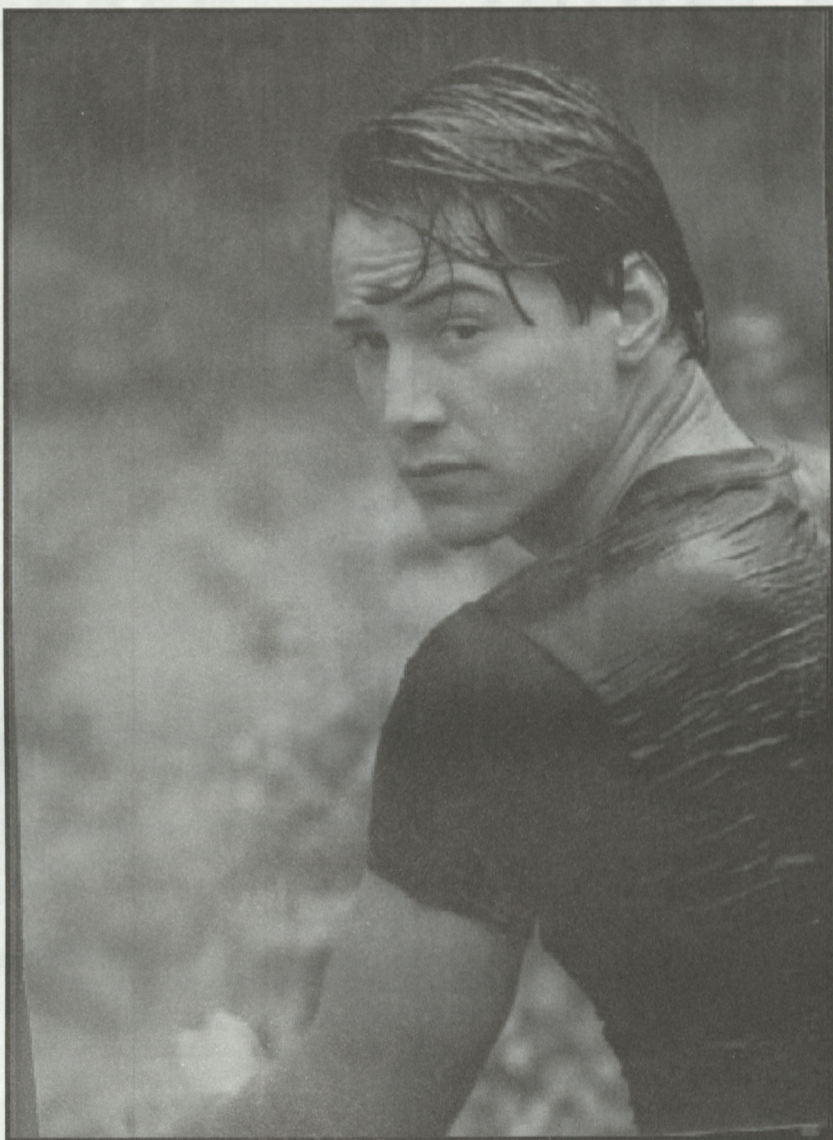
By Matt Marsolais

Point Break - A type of surf break where waves wrap around a promontory of land and curl as they break. A classic example of a point break is located at Rincon, California, just south of the Santa Barbara/Ventura County line.

What the hell is a "brah?" I know what a bra is, even a bro, but a "brah?" Apparently, if you want to get through to surfers, it's just part of the language they have made up for themselves. If you are holding a surfboard, are in a wetsuit, or if you just have long hair and you're on a crowded beach, it is as if you have special permission to call people your "brah." "Brah" can only be used on a select few though. Usually the "brah" has to have long hair or dreads. He can't be wearing a business suit or be below the age of 18. The person is always a man and often has the appearance of a burn-out or just a regular guy with a massive tan and long, flowing hair. How did I learn all this? I studied up on the ways of "the brah" while watching "Point Break."

You would think that Keanu Reeves could not have done any better than Bill & Ted's Excellent Adventure, but in 1991 (the year that Bryan Adams' "Everything I Do, I Do It For You," beat out Color Me Badd's "I Wanna Sex You Up" for the #1 position in the US), he struck gold once again with this two hour surfing-skydiving-bankrobbing-lovemaking romp.

My favorite part? I think it's obvious...Busey. Like I said before, where Gary Busey is, good acting and drugs are there too. So Busey and Reeves team up as FBI agents Angelo Pappas and Johnny Utah. Nice name for a straight edge FBI agent who just happens to become a surfer. Hmm, I wonder if that was planned? Even so, Johnny Utah would fall under my list of the best movie names ever, along with Marty McFly, Gaylord Focker, Hannibal Lecter and Stifler.



Did I mention the dirtiest dancer? He is in this film too, along with James LeGros, John Philbin and Bojesse Christopher. Who are those people? Good question. All I know is that these are the real names of the other three people that help Patrick Swayze (Bodhi) rob the banks in the movie. That means you aren't supposed to care about these people; the focus should be on the man, the dream, the legend, Swayze.

The thing I enjoy most about this movie is watching Reeves become a pro at surfing in one day with help of his new girlfriend, Tyler Endicott (played by Lori Petty). I guess all it takes to learn is to buy the board, set it on the beach, and lay down and get up about 10 times. Then, if you're ready, take it into the ocean for about an hour. After that you should be a pro. News flash everybody: Not Real.

I tried surfing once last year, around December 16th. I was feeling good about the final I had just failed, so I decided to borrow a friend's board and drive out there.

My friend told me that a couple rash-guards would keep me warm. So I wore them and a pair of mesh shorts. Tip: DO NOT EVER WEAR A COUPLE RASH-GUARDS AND MESH SHORTS IN MID DECEMBER. The water was mean that day, my friends (that's a line from the marine biologist Seinfeld episode, you should watch it). I got taken under by two waves, lost my breath and almost died. I have since sworn off surfing and going into the ocean in winter.

Twenty-seven banks in three years, Bodhi and the ex-presidents rob. Those masks that they wear must get really uncomfortable. If I was going to do that, I would probably get a Taft mask, because considering his weight and his double chin, there is probably more head and breathing room.

Utah eventually catches them, but when he does, wouldn't you know it, Bodhi has Tyler held at knifepoint. So Utah chases him, again, and he catches him, again, and...you know, I really didn't see the end of this film. I went out to the kitchen to get a

bowl of ice cream and then went to the bathroom, but when I got back it looked like Bodhi had been eaten up by the ultimate wave, or as surfers call it, the most **epic swell**.

Apparently, Bodhi had believed that there was this incredible storm that lifted a tsunami wave over 2000 miles, and in the last scene he is standing face to face with the wave. Utah amazingly tracks him down and finds him standing there, in Mexico, and ends up trying to fight him. I guess Keanu didn't see "Road House", because Swayze can kick some major ass. He is very deceiving at first with the smile and "whoa dude" persona, but when it comes down to it, it really comes down to it.

After the fight Utah handcuffs him and Bodhi begs for him to let him go. He says something about this being a dream and he wants to **charge** it and take on this **cruncher**. So Utah buys into this crap, lets him go, and Bodhi ends up dying in the **bombora** (for you surfers, you know, for anyone else, you don't).

Other than Swayze dying, I think it ends happily ever after, but still everyone should see it, cause it's bitchin (I believe this word should be used more, it is really an underrated adjective).

Sidenote: all the surfer slang in this article has been bolded, so now when your friends tell you "I'm going to charge some swells brah" you will know what the hell they are talking about.

